A new Almanacke

and Prognostication for the

yeare of our Lord God.

M D C X X X I.

Which is reckoned from the creation of the worlde.

Made and referred specially to the and elevation of the but may serue generally, and that indifferently to, without any great error for most parties of

By Student in Astronomie.

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Richarde Watkins and

Cum Priuilegio Regiæ Maiestatis.

LOe here friendly
Pende with his ſlender ſkyll:
Though rude and eke vnlearnedly,
Yet ſurely with
If any way it ſerue your turne,
Accept it for the
If no way it may pleaſure you,
Refuſe it in

Fare well.

such thynges as are comprehen-

for the yeere of our Lord and sau-

THE number is. xviii.
The Epact is. i.
The circle of the is. ii.
The Dominicall or letter.
Septuagesima the. x. di. of Januarie.
The first day of Lent, commonly called Ashwednesday, is the. xvi. of Februarie.
the. xxv. of March.
Rogation Sunday, the. iiii. of May.
day, the. viii. of May.
Pentecost, or the. xviii. of May.
The Thursday, commonly called Corpus Christi, the. xxix. of May.
the xxv. of November.
The true space betweene Christmas day and Shrouesunday, conteyneth. xix. dayes, that is. vi. weekes and iii. dayes.
Betweene are. xvii. weekes and. iii. dayes.
Betweene and commonly called Midsommer, are. vi. weekes and one day.
Betweene day and Aduent Sunday, are. xvii. weekes, and. iiii. dayes.

In this Almanacke you shall fynde the tyme of the entryng of the Sunne into the. xii. Celestiall Signes of the Zodiaque.

the signe, and degree, vnder which the Moone moueth euery day at hygh noone.

certayne Phisicall rules at the beginnyng of euery Moneth.

Item, the most dangerous dayes to fall sicke in, to be let blood,

A. ii. to

to take Purgation, to vomyte, or to sweate. &c. signified with this letter which the I haue especially noted, to thentent that any seelyng themselues sicke, shoulde in tyme resort to the learned Phisition.

Lastly, I haue set downe the true day & houre, of the change, full, and quarters of the Moone.

Other thynges appertaynyng to the Prognostication, you shall fynde folowyng in their proper places.

and Chyrurgery, worthy the obseruation

When the ayre declyneth from a temperature, to extremitie of heate or cold, it is vnwholsome either to purge, or to let blood, vnlesse some great & vrgent necessitie do extraordinarily enforce it.

Cancer, Aquarius, and Pisces, are the best Signes to let blood in: wherfore Phlebotomy may be most safely vsed when the Moone is mouyng in any of these Signes.

the day before, the day it selfe, & the day after the change or ful of the Moone, are to be auoyded in lettyng of blood.

in Phlebotomy, Gemini, which ruleth the Armes, and Leo which gouerneth the Hart, the first and last lyuing member in mans body: togeather with the last halfe of Libra, and the first halfe of Scorpio, which is vsually called the Combust way, as also the whole earthy triplicitie Taurus, Virgo, Capricornus, are to be shunned as vnmeete and vnwholsome.

this is chiefly and especially to be alwayes remembred, that no part of mans body ought to be touched with any Chyrurgeans instrument whatsoeuer, when either the Sunne, the Moone, or the Lorde of the Ascendent, which is the Signe then arising in the East, is appoynted within the same Signe that ruleth that very part or member of mans body.

And

And yet notwithstanding all that is aforesayd, or any other circumstances artificiall, that may be sayd out of Astrologicall elections, if this blood letting be for a great continual headach, proceeding of blood, or cholleriche matter, for any burnyng hot Ague, or any such other lyke importunate & insufferable payne, the poore Patient in such an extremitie must not tarry for a chosen day declared in an Almanacke, because he might yet happely perish in the meane whyle, but presently with all good & conuenient speede, his violent grefe is to be appeased by this meane. vnlesse he himselfe be either so very sicke & weake, that he cannot possibly suffer it, or else the Moone be in the signe that ruleth the part of his afflicted body which should be Phlebotomized.

The times most conuenient to Purge with Electuaries, is when the Moone is placed in Cancer: with Potions, when she is placed in Scorpius: and with Pylles, when she is placed in Pisces, the body beyng before prepared, as is conuenient.

mylde Purgations whiche worke gently, and Glysters, they may be ministred indifferently at all times without any great incommenience.

by Vomite when the Moone abydeth in signo ruminanti, as namely in Aries, Taurus, or Capricornus.

Gargarismes are best vsed when the Moone is placed in Aries, or in Cancer.

as for the foure natural Powers, seruing for nourishment: it wouldbe noted, that the vertue Attractiue is best comforted, when the Moone is in a fyerie Signe, as in Aries Leo, or Sagittarius: the vertue Retentiue, when the Moone is in an earthy Signe, as either in Taurus Virgo, or Capricornus: the vertue Digestiue when the Moone is in an ayery Signe, as in Gemini, Libra, or Aquarius: and the vertue Expulsiue, when the Moone is in a watry Signe, as in Cancer, Scorpius, or in Pisces.

Note that this yeere of our Lord. 1589. there shalbe an Eclipse of the Moone the xv. day of August at vii of the clocke at nyght. A. iii.

to know the beginning and en-

their Returnes.

¶ beginneth the .xviii. day of Januarie, (If it be not Sunday) which so beyng, it is then referred vntyll the day folowyng, and endeth the .xii. of Februarie. Which Terme hath foure Returnes.

Octabis Hillarij. } { Crastino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ begimneth .xvii. dayes after Easter, and endeth the Munday next after Assention day. And hath fyue Returnes.

Quind. Paschæ. } Mense Paschæ. { Quinq; Paschæ.
Tres Paschæ. } { Crastin. Assention

¶ begynneth the Fryday next after Trinitie Sunday, and endeth the Wednesday fortnyght after. And hath foure Returnes.

Crast. Trinitatis. } { Quind. Trinitatis.
Octab. Trinitatis. } { Tres Trinitatis.

¶ begynneth the .ix. day of October, (If it be not Sunday, as is before sayd) and endeth the .xxviii. of Nouember. And hath eyght Returnes.

Octabis Michael. } { Crast. Animarum.
Quind. Michael. } { Crast. Martini.
Tres Michael. } { Octa. Martini.
Mense Michael. } { Quind. Martini.

¶ that the Exchequer openeth eyght dayes before any Terme begin, except in which it openeth but foure dayes before.

The Anatomie of mans

as the partes thereof are gouerned by the. xii.

the Head; the Necke doth guyde.
th'armes; Stomacke and Back.
the Hart; the Belly, Syde.
Reignes, Nauell, and Buttockes loues best.
keepes Secretes sure in his nest.
the Thyghes; the Knees doth craue.
Legges the Feete wyll haue.

Januarie hath xxxi. dayes.

Colde Ianuarie loues warme clothes,
Hot meates and brothes are best,
Blood letting is vnholsome: bathes
vse none but warme: fly rest.

i	a	[illegible]	Scorp. 11
ii	b	Octa. Stephē.	Scorp. 25
iii	c	Octa. Iohn.	Sagit. 10
iiii	d	Octa. Innocen	Sagit. 25
v	e	Octa. of Cōu	Capr. 10
vi	f	[illegible]	Capr. 25
vii	g	Feliꝛ Iuuen.	Aquar. 10
viii	a	Luciā virg.	Aqua. 24
ix	b	Iohn wyc.	Pisces. 9
x	c	Paul first per	Pisces. 23
xi	d	[illegible]	Aries. 7
xii	e	Archbp of mart.	Aries. 20
xiii	f	Hilarie bysho.	Taurus 3
xiiii	g	Felix priest.	Taur. 16
xv	a	Maurice.	Taur. 28
xvi	b	Marcell. bysh.	Gemin. 10
xvii	c	Deth of Anth	Gemi. 23
xviii	d	Prisca virgin.	Cancer. 4
xix	e	[illegible]	Cancr. 10
xx	f	Fabian & Seb	Cancr. 27
xxi	g	Agnes virg.	Leo. 9
xxii	a	Vincent mart.	Leo. 21
xxiii	b	[illegible]	Virgo. 2
xxiiii	c	Timothe bish	Virgo. 15
xxv	d	Conu. of	Virgo. 27
xxvi	e	[illegible]	Libra. 10
xxvii	f	Agnes 2 secon	Libra. 23
xxviii	g	Valerius bish.	Scorp. 7
xxix	a	Theodore priest	Scorp. 20
xxx	b	Batilda queene	Sagit 5
xxxi	c	Saturnine.	Sagit. 19

● New Moone, the. vi. day. x. minutes past on a clocke in the afternoone.

☽ First quarter, the. xiii. day, somewhat after vi. a clocke in the afternoone.

○ Full Moone, the. xxi. day, a quarter past. iii. a clocke in the afternoone.

☾ Last quarter, the. xxix. day, iiii. minutes after ix. a clocke in the morning.

Januarie. 1589.

Sunne ryseth at. viii. of the clocke, and. iiii. minutes.
Setteth at. iii. and. lvi. minutes.

i	a	
ii	b	
iii	c	
iiii	d	
v	e	
vi	f	
vii	g	
viii	a	
ix	b	
x	c	
xi	d	
xii	e	
xiii	f	
xiiii	g	
xv	a	
xvi	b	
xvii	c	
xviii	d	
xix	e	
xx	f	
xxi	g	
xxii	a	
xxiii	b	
xxiiii	c	
xxv	d	
xxvi	e	
xxvii	f	
xxviii	g	
xxix	a	
xxx	b	
xxxi	c	

My like now and fennyth fowle deny,
As no great hollsome meſſe:
Now medicynes and Phlebotomy,
Are vſed with ill ſucceeſſe.

i	d	Bryget.	Capri.9		
ii			Capri.29		
iii	f	Blaſe byſhop.	Aqua. 5		
iiii	g	Gylbert byſh.	Aqua.18		New Moone, the. iiii. day, vi.min. paſt vi. a clocke at nyght.
v	a	Agathee virg.	Piſces.3		
vi	b	Vedaſt.& Amã.	Piſces.17		
vii	c	Angule byſh.	Aries.1		
viii	d	Paul bysshop.	Aries.15		
ix	e		Aries.28	☽	
x	f	Scholaſtica.	Taur.11		
xi	g	Eufraſie virg.	Taur.24		First quarter, the. xii. day, a quarter after. v. a clocke in the mornyng.
xii	a	Terme endes.	Gemini.6		
xiii	b	Wolfrane byſh.	Gemi.18		
xiiii	c	Valentine.	Cancer.0		
xv	d	Faunſt.& Joui.	Cancer.12		
xvi	e	Julian virg.	Canc.24		
xvii	f	Bolicron biſh.	Leo. 6		
xviii	g	Eymeon.	Leo. 18		
xix	a		Virgo.0		Full Moone, the. xx. day, viii.min.after. x. a clocke in the mornyng.
xx	b	Wilfred virg.	Virgo.12		
xxi	c	Lyrir. martirs	Virgo.24		
xxii	d	Peters chayre	Libra.7		
xxiii	e	Policarp.	Libra.20		
xxiiii	f		Scorp 3		
xxv	g	Inuēt.of Paul	Scorp.17		
xxvi	a	Nectan mart.	Sagit.0		Laſt quarter, the.xxvii. day, paſt. vi. a clocke in ỳ after noone.
xxvii	b	Auguſtine biſh	Sagit.15		
xxviii	c	Oſwalde byſh	Sagit.29		

Februarie. 1589.

Sunne ryseth. xiiii. min after. viii. of the clocke.
Setteth. xlvi. minutes after iiii.

i	b	
ii	c	
iii	d	
iiii	e	
v	f	
vi	g	
vii	a	
viii	b	
ix	c	
x	d	
xi	e	
xii	f	
xiii	g	
xiiii	a	
xv	b	
xvi	c	
xvii	d	
xviii	e	
xix	f	
xx	g	
xxi	a	
xxii	b	
xxiii	c	
xxiiii	d	
xxv	e	
xxvi	f	
xxvii	g	
xxviii	a	

Such victualles March requireth,
As are both lyght and pure.
Bloodletting somewhat profiteth,
And medicines somewhat cure.

i	d	Dauid byſh.	Capri.14	
ii		Chadde byſh.	Capri.28	
iii	f	Maurice.	Aqua.13	
iiii	g	Adrian mart.	Aqua.27	
v	a	Focas & Euſe.	Piſces.12	
vi	b	Victo. & Victor.	Piſces.26	● New Moone, the. vi. day, a quarter after. v. a clocke in the mor-nyng.
vii	c	Perpetue.	Aries.9	
viii	d	Felix mart.	Aries.23	
ix	e	FL. Martyrs.	Taur.6	
x	f		Taur.29	
xi	g	Transl. Fridel	Gemini.1	
xii	a	Gregorie byſh.	Gemi.14	
xiii	b	Theodor mart	Gemi.26	
xiiii	c	Candide mart	Cancr.8	First quarter, the. xiii. day, at mydnyght.
xv	d	Longine mar.	Canc.20	
xvi	e	Boniface biſh.	Leo. 2	
xvii	f	Gertrude virg	Leo. 14	
xviii	g	Edward king	Leo. 27	
xix	a	Joſep.mar.huſ	Virgo.9	Full Moone, the. xvi. day, a quarter after. xi. a clocke at nyght.
xx	b	Cuthbert.	Virgo.21	
xxi	c	Benedict.	Libra.4	
xxii	d	Afrodoſe.	Libra.17	
xxiii	e	Theodor.	Scorp.0	
xxiiii	f	Botulph.	Scorp.13	
xxv	g		Scorp.27	
xxvi	a	Caſtor mart.	Sagit.11	☾ Laſt quarter, the. xxiiii. day, iiii. minutes after mydnyght.
xxvii	b	Martian.	Sagit.25	
xxviii	c	Dorothe virg.	Capri.10	
xxix	d	Quintine.	Capri.24	
xxx			Aqua.9	
xxxi	f	Adelme.	Aqua.23	

March. 1589.

Sunne ryseth at. vi. of the clocke, and. xviii. min.
Setteth at. v. and. xlii. minutes.

i	d
ii	e
iii	f
iiii	g
v	a
vi	b
vii	c
viii	d
ix	e
x	f
xi	g
xii	a
xiii	b
xiiii	c
xv	d
xvi	e
xvii	f
xviii	g
xix	a
xx	b
xxi	c
xxii	d
xxiii	e
xxiiii	f
xxv	g
xxvi	a
xxvii	b
xxviii	c
xxix	d
xxx	e
xxxi	f

Aprill hath.xxx.dayes.

Those meates are meete in Apryll
Which March desyred to haue.
Bloodletyng now doth very well,
Now purgyng Medicines craue.

i	g	Stuarde.	Pisces.7	
ii	a	Mary Egypt.	Pisces.21	
iii	b	Richarde byth	Aries.5	
iiii	c	Ambrose bish.	Aries.18	● New Moone, the. iiii. day, past. x. a clocke at nyght.
v	d	Vincentius.	Taurus.1	
vi	e	Sextus bish.	Taur.14	
vii	f	Euphemie vir	Taur.24	
viii	g	Exekyppus.	Gemini.9	
ix	a	Perpetuus.	Gem.21	
x	b	Tibur.& Val.	Cancer.3	
xi	c		Cancer.16	
xii	d	Julius bysshop.	Cancr. 28	☽ First quarter, the. xii. day, xv.min. after.vii. a clocke at nyght.
xiii	e	Jeroni byshop.	Leo. 10	
xiiii	f	Olyffe.	Leo. 22	
xv	g	Oswalde arch	Virgo.5	
xvi	a		Virgo.17	
xvii	b	Anicete.	Libra.0	
xviii	c	Eliezher. byth.	Libra.13	○ Full Moone, the. xv. day, at. x. a clocke at nyght.
xix	d	Apheze byth.	Libra.26	
xx	e	Victor byth.	Scorpio.9	
xxi	f	Symeon bish.	Scorp.23	
xxii	g	Sother virg.	Sagit.7	
xxiii	a	mart.	Sagit.21	
xxiiii	b	Wilfride.	Capri.6	
xxv	c		Capri.20	
xxvi	d	Clete byth.	Aqua.5	
xxvii	e	Anastase byth.	Aqua.19	☾ Last quarter, the. xxvii. day, halfe an houre after. v. a clocke in the mornyng.
xxviii	f	Vitalis mart.	Pisces.4	
xxix	g	Peter of Myl.	Pisces.18	
xxx	a	Depo.of Erke	Aries.1	

Apryll. 1580.

Sunne ryseth at v. of the clocke and. xx. minutes.
Setteth at vi. and. xl. minutes.

i	g	
ii	a	
iii	b	
iiii	c	
v	d	
vi	e	
vii	f	
viii	g	
ix	a	
x	b	
xi	c	
xii	d	
xiii	e	
xiiii	f	
xv	g	
xvi	a	
xvii	b	
xviii	c	
xix	d	
xx	e	
xxi	f	
xxii	g	
xxiii	a	
xxiiii	b	
xxv	c	
xxvi	d	
xxvii	e	
xxviii	f	
xxix	g	
xxx	a	

In May thou mayst with safety,
Both Bath and take Purgation.
Vse Vomyt, and Phlebotomy,
And lyke euacuation.

i	b	Philip & Iacob	Aries.15		
ii	c	Athanasius.	Aries.28	♌	
iii	d	Inuent.of crof	Taur.10		
iiii	e	Rogatiō sunda	Taur.23		
v	f	Godhard.	Gemini.5	●	New Moone, the.iiii. day, a quarter after. x. a clocke in the fore noone.
vi	g	Iohn port lati.	Gemi.17		
vii	a	Iohn of Beuer	Gemin.29		
viii	b	Ascensiō day.	Cancer.11		
ix	c	Transl. Nicho.	Cance.23	♍	
x	d	Gordiā & Epi.	Leo. 5		
xi	e	Sun in Gemi.	Leo.°17		
xii	f	Terme endes.	Virgo 0	☽	Firſt quarter, the. vii. day, three quarters paſt. xii. a clocke in ỳ after noone.
xiii	g	Seruatius.	Virgo.12		
xiiii	a	Bonifacs.	Virgo 25		
xv	b	Ihones.	Libra.8		
xvi	c	Dzanbon byſh	Lib.a.21	♎	
xvii	d	Tran. of Bar.	Scorp 4		
xviii	e	Whitſunday.	Scorp.18		
xix	f	Dunſtane conf	Sagit. 2	♏	
xx	g	Barnardine.	Sagit.16	●	Full Moone, the. xix. day, ſomewhat after xi. a clocke at nyght.
xxi	a	Quatuor tēpke	Capri.1		
xxii	b	Iuliam virg.	Capri.15		
xxiii	c	Deſiderie.	Aqua.1	♐	
xxiiii	d	Transl.of Frā	Aqua.15		
xxv	e	Quatuor byſh.	Pisces.0		
xxvi	f	Auguſtine.	Pisces.14	♑	
xxvii	g	Germane biſh.	Pisces.24		
xxviii	a	Corone mart.	Aries.12		
xxix	b	Corpus Chriſ	Aries.25	☾	Laſt quarter, the. xxix. day, a quarter after. xi. a clocke before noone.
xxx	c	Terme begin.	Taur.8		
xxxi	d	Petrus.	Taur.20		

May. 1589.

Sunne ryseth at. iiii. of the clocke, and. xxii. minutes.
Setteth at. vii. and. xxxviii. minutes.

i	b
ii	c
iii	d
iiii	e
v	f
vi	g
vii	a
viii	b
ix	c
x	d
xi	e
xii	f
xiii	g
xiiii	a
xv	b
xvi	c
xvii	d
xviii	e
xix	f
xx	g
xxi	a
xxii	b
xxiii	c
xxiiii	d
xxv	e
xxvi	f
xxvii	g
xxviii	a
xxix	b
xxx	c
xxxi	d

This Edition was Ioned by Henry Cuffe
of Mr Hildyards my Lo. Keeper
shall Queipsthe Leonet [illegible]
my wife.

Coole Herbes in Iune are very meete
But such meates shunne chiefely
As shalbe eyther new or sweete.
Take pleasures medicinally.

i	☉	Nichomede.	Gemin.2	♊	
ii	f	Marcellus.	Gemi.14		
iii	g	Erasmus mar.	Gemi.26		● New Moone, the.iii.day.xii. minutes after one a clocke in the mo:nyng.
iiii	a	Petronius.	Cancer.8	♋	
v	b	Bonifacius.	Cance.20		
vi	c	Melone.	Leo. 2		
vii	d	Claude byth.	Leo. 13		
viii	☉	Pedard ę Gyl	Leo. 25	♌	
ix	f	Trans. Edmu	Virgo.8		
x	g	Juan confes.	Virgo.20		
xi	a	Barnabe, apost	Libra.3		
xii	b	Sunn Canc.	Libra.15		☽ Firſt quarter, the. xi. day, iiii.min. paſt.iiii. a clocke in the mo:nyng.
xiii	c	Anthonie con.	Libra.29	♎	
xiiii	d	Basil byth.	Scorp.12		
xv	☉	Vitę Mode.	Scorp. 26		
xvi	f	Tran.of Rich	Sagit.11	♏	
xvii	g	Botulph.	Sagit.25		
xviii	a	Cerui endes.	Capri. 10		
xix	b	Gervasius.	Capri. 25	♑	● Full Moone, the.xviii. day, somewhat after iiii.a clocke in the mo:nyng.
xx	c	Tran. Edwa.	Aqua.10		
xxi	d	Malburge.	Aqua. 25		
xxii	☉	Alban mart.	Pisces.9	♒	
xxiii	f	Audry. Fast.	Pisce.24		
xxiiii	g	John Baptil.	Aries.8		
xxv	a	Tran.of Eleg	Aries. 21	♈	
xxvi	b	John ę Paul.	Taur.4		☾ Laſt quarter, the.xxiiii. day, a quarter paſt.vii. a clocke in the after noone.
xxvii	c	Crescens.	Taur.17		
xxviii	d	Leonis. Fast.	Gemini.0	♉	
xxix	☉	Peter apostle.	Gemin. 12		
xxx	f	Tom.of Paul	Gemin 24		

Sunne ryseth at. iii. of the clocke, and. xliii. min.
Setteth at. viii. and. xvi. minutes.

i	C
ii	f
iii	g
iiii	a
v	b
vi	c
vii	d
viii	E
ix	f
x	g
xi	a
xii	b
xiii	c
xiiii	d
xv	E
xvi	f
xvii	g
xviii	a
xix	b
xx	c
xxi	d
xxii	E
xxiii	f
xxiiii	g
xxv	a
xxvi	b
xxvii	c
xxviii	d
xxix	E
xxx	f

July hath .xxxj. dayes.

Sleepe not too much, to coole bathes goe.
Refuse to vse Phlebotomy.
This moneth abstayne from Venus, woe
To hym that keepes her company.

i	g	Oct. Iohn bap	Cancer. 6		
ii	a	Visita. of mary	Cancer. 17	☽	
iii	b	Transl. of Tho	Cancr. 29	☽	
iiii	c	Transl. of Mar	Leo. 10		
v	d	Joe virg.	Leo. 22	☽	
vi	e	Oct per. & paul	Virgo. 4		
vii	f	Marcialis.	Virgo. 16		
viii	g	Depo. of Grim	Virgo. 28		
ix	a	Cyrill bysshop.	Libra. 11		
x	b	Visi. brethren.	Libra. 24		
xi	c	Transl. of Ben	Scorpio. 7	☽	First quarter, the. x. day, somewhat after vi. a clocke in the euenyng.
xii	d	Nabor & Felix	Scorp. 21	☽	
xiii	e	Sunne in Leo.	Sagit. 5	☽	
xiiii	f	Reuell.	Sagit. 19		
xv	g	Transl. of Swi	Capri. 4		
xvi	a	Transl. of Oth	Capri. 19		
xvii	b	Reneime king.	Aqua. 4	☽	
xviii	c	Armilphe.	Aqua. 19	☽	
xix	d	Dogdayes beg	Pisces. 3	☽	Full Moone, the. xvii. day, viii. minuts after xi. a clocke in ths forenoone.
xx	e	Margaret.	Pisces. 18		
xxi	f	Prayed.	Aries. 2		
xxii	g	Mary Magd.	Aries. 16		
xxiii	a	Apolonaris.	Taur. 0		
xxiiii	b	Thyllia. Fast	Taur. 13		
xxv	c	James Apost.	Taur. 26		
xxvi	d	An mo. of Mar	Gemini. 9		
xxvii	e	Vii. sleepers.	Gemi. 21		
xxviii	f	Samson bysh.	Cancer. 3		
xxix	g	Felix & his fel.	Cancer. 15	☾	Last quarter, the. xxiii. day, halfe an houre after. vi. a clocke in the morning.
xxx	a	Abdon & Sen.	Cancr. 26	☾	
xxxi	b	German bysh.	Leo. 8		

Fuly. 1589.

Sunne ryſeth at. iii. of the clocke, and. lii. min.
Setteth at. viii. and. viii. minutes.

i	g	
ii	a	
iii	b	
iiii	c	
v	d	
vi	e	
vii	f	
viii	g	
ix	a	
x	b	
xi	c	
xii	d	
xiii	e	
xiiii	f	
xv	g	
xvi	a	
xvii	b	
xviii	c	
xix	d	
xx	e	
xxi	f	
xxii	g	
xxiii	a	
xxiiii	b	
xxv	c	
xxvi	d	
xxvii	e	
xxviii	f	
xxix	g	
xxx	a	
xxxi	b	

August hath .xxxj. dayes.

Let lytle sleepe, and meate, and wine,
And lytle, or no venery
Suffise, abstayne from Medicine:
Fly colde Bathes, and Phleborotomy.

i	g	Lammas day.	Leo. 20	
ii	a	Stephan mart.	Virgo.1	
iii	b	Invit. of Steph.	Virgo.13	
iiii	c	Justine priest.	Virgo.25	
v	d	Perfecta Nonna.	Libra.7	
vi	e	Tran. of Chyl	Libra.20	
vii	f	Feast of Jesus	Scorp.3	
viii	g	Cirin. & his fel	Scorp.16	
ix	a	Romane mart.	Scorp.29	
x	b	Laurence mart	Sagit.13	
xi	c	Tiburt mart.	Sagit.28	
xii	d	Clare virg.	Capri.12	
xiii	e	Sun in Virgo.	Capri.27	
xiiii	f	Tyrsdyle.	Aqua.12	
xv	g	Assump. of mar	Aqua.27	
xvi	a	Roch mart.	Pisces.12	
xvii	b	Oct. Laurent.	Pisces.26	
xviii	c	Agapite mart.	Aries.11	
xix	d	Magnus mart	Aries 25	
xx	e	Lewes byth.	Taurus 8	
xxi	f	Barnarde.	Taur. 21	
xxii	g	Primatus.	Gemini.4	
xxiii	a	Tymot. Fall.	Gemi. 17	
xxiiii	b	Bartholi apost.	Gemin.29	
xxv	c	Lewes kyng.	Cancer.11	
xxvi	d	Beherine.	Cance.23	
xxvii	e	Dunstayns day	Leo. 5	
xxviii	f	Anthyne byth.	Leo. 17	
xxix	g	John behead.	Leo 29	
xxx	a	Felix & Audac.	Virgo.11	
xxxi	b	Cuthbur. virg	Virgo.25	

New Moone, the. i. day, after. viii. a clocke in the forenoone.

Fyrst quarter, the. viii. day, a quarter after viii. a clocke in the mornyng.

Full Moone, Eclipsed the xv. day, at. viii. a clocke in the euenyng.

Last quarter, the. xxii. day, vi. min. after. viii. a clocke in the after noone.

New Moone, the. xxx. day, past. vi. a clocke at nyght.

August. 1589.

Sunne ryseth at. iiii. of the clocke and. xliiii. minutes.
Setteth at vii. and xvi minutes.

i	c
ii	d
iii	e
iiii	f
v	g
vi	a
vii	b
viii	c
ix	d
x	e
xi	f
xii	g
xiii	a
xiiii	b
xv	c
xvi	d
xvii	e
xviii	f
xix	g
xx	a
xxi	b
xxii	c
xxiii	d
xxiiii	e
xxv	f
xxvi	g
xxvii	a
xxviii	b
xxix	c
xxx	d
xxxi	e

September hath .xxx. dayes.

September yeeldes fruites pleasantly.
Refrayne, eate not thy fyll.
Take medecines, vse Phlebotomy.
Now Spice in meates not yll.

i	f	Gyles abbot.	Libra.5		
ii	g	Anthonie mar	Libra.17		
iii	a	Odina. Greg.	Scorp.0		
iiii	b	Transl. of Cut	Scorp.12		
v	c	Bertine.	Scorp. 26	☽	Fyll quarter, the. vi. day. xii. min. after one a clocke in the after noone.
vi	d	Eugenius.	Sagit.9		
vii	e	Nat. Reg. Eliz.	Sagit.23	D	
viii	f	Nati. of Mary	Capri.7		
ix	g	Gorgonius.	Capri.22		
x	a	Silvius.	Aqua.7		
xi	b	Prothy & Jaci	Aqua.21		
xii	c	Martinian.	Pisces.6		
xiii	d	Dun in Libra.	Pisces.21	D	● Full Moone, the. xiii. day, a lytle after. iiii. a clocke in the morning.
xiiii	e	Holy Crosse.	Aries.5		
xv	f	Oct. nat. mary	Aries.19		
xvi	g	Edith virg.	Taur.3		
xvii	a	Ember weeke	Taur.16		
xviii	b	Victor & Cor.	Taur.29		
xix	c	Januarii mar.	Gemi.12	D	☾ Last quarter, the. xxi. day, halfe an houre past one a clocke in the afternoone
xx	d	Eustace. Fast.	Gemi.25	D	
xxi	e	Matthew apost	Cancr.7		
xxii	f	Mauricius.	Cancr.19		
xxiii	g	Tecla virg.	Leo. 1		
xxiiii	a	Andochens.	Leo. 13		
xxv	b	Firmine.	Leo. 26		
xxvi	c	Cipri. & Iust.	Virgo.8	D	● New Moone, the. xxix. day, a quarter after. ii. a clocke in the after noone.
xxvii	d	Cosm. & Dam.	Virgo.20	D	
xxviii	e	Exuperius.	Libra.2		
xxix	f	Michael arch	Libra.14		
xxx	g	Jerome priest	Libra.27		

September. 1589.

Sunne ryseth at. v. of the cloche, and. xxxvi. minutes.
Setteth at. vi. and. xxiiii. minutes.

i	f	
ii	g	
iii	a	
iiii	b	
v	c	
vi	d	
vii		e
viii	f	
ix	g	
x	a	
xi	b	
xii	c	
xiii	d	
xiiii		e
xv	f	
xvi	g	
xvii	a	
xviii	b	
xix	c	
xx	d	
xxi		e
xxii	f	
xxiii	g	
xxiiii	a	
xxv	b	
xxvi	c	
xxvii	d	
xxviii		e
xxix	f	
xxx	g	

October hath.xxxj.dayes.

Goe hunt, drinke Wine thats olde and good,
Vse exercise for health.
Now mayst thou take good store of foode,
Which hast good store of wealth.

i	a	Remigius bish	Scorp.9		
ii	b	Leodegar.mar	Scorp. 22		
iii	c	Candide mart	Sagit.6		
iiii	d	Fraunces virg	Sagit.20	D	
v	e	Appolinarii.	Capri.4	D	☽ Fyrst quarter, the.vi. day.v. minuts after.viii. a cloche in the after noone.
vi	f	Fayth virg.	Capri.18		
vii	g	Marti.& Mar	Aqua. 2		
viii	a	Pelagius virg	Aqua.17		
ix	b	Terme begins	Pisces.1		
x	c	Gereon & Mart	Pisces.16	D	
xi	d	Michaelis bish	Arles.o		
xii	e	Millfryde.	Arles.14		● Full Moone, the. xiiii. day, a quarter after two a cloche in the after noone.
xiii	f	Sun in Scorp	Aries.28		
xiiii	g	Calixt byth.	Taur.11		
xv	a	Wolfran.	Taur.24		
xvi	b	Mich. of mont	Gemi.7	D	
xvii	c	Transl. of Eth	Gemi.20		
xviii	d	Luke Euange	Cmcer.2		
xix	e	Frydeswyde.	Cmcer.15	D	
xx	f	Austrebert.	Cancr.27		
xxi	g	Fl. M. virg.	Leo. 9		☾ Last quarter, the. xxi. day, viii.minuts after viii. a cloche in the morning.
xxii	a	Mary Salom.	Leo. 24		
xxiii	b	Romane arch.	Virgo.3		
xxiiii	c	Paglaxit bish.	Virgo.16	D	
xxv	d	Crii.& Crispi.	Virgo.28		
xxvi	e	Vrsula.	Libra.10		
xxvii	f	Florence. Fast	Libra.23		● New Moone, the. xxix. day, somewhat after v. a cloche in the morning.
xxviii	g	Simon & Jude	Scorp.6		
xxix	a	Marcellus.	Scorp.19		
xxx	b	Germam.	Sagit.2		
xxxi	c	Quintin. Fast	Sagit.16	D	

October. 1589.

Sunne ryseth. xxviii. min after. vi. of the clocke.
Seweth at. v. and. xxiii. minutes.

i	a
ii	b
iii	c
iiii	d
v	e
vi	f
vii	g
viii	a
ix	b
x	c
xi	d
xii	e
xiii	f
xiiii	g
xv	a
xvi	b
xvii	c
xviii	d
xix	e
xx	f
xxi	g
xxii	a
xxiii	b
xxiiii	c
xxv	d
xxvi	e
xxvii	f
xxviii	g
xxix	a
xxx	b
xxxi	c

Nouember hath. xxx. dayes.

Olde Wines, and sweete, are holsome.
Let lytle bathyng serue.
Count Venus now as lothsome,
If health thou wylt preserue.

i	d	All Sayncts.	Capri.0		
ii	e		Capri.14		
iii	f	Mynerbyse.	Capri.29		
iiii	g	Amantine.	Aqua.13		
v	a	Lete prist.	Aqua.28		
vi	b	Leonarde.	Pisces.12	☽	Fyrst quarter, the. v. day, at halfe an houre past two a clocke in the afternoone.
vii	c	Willybalde.	Pisces.26		
viii	d	iiii. crowned.	Aries.10		
ix	e	Theodore.	Aries.24		
x	f	Martin.	Taur.7		
xi	g	Martin byth.	Taur.20		
xii	a	Sun in Sagit.	Gemin.3		
xiii	b	Brice byth.	Gemi.16	●	Full Moone, the. xii. day, a quarter after. iiii. a clocke in the mornyng.
xiiii	c	Trans. of Ork	Gemi.28		
xv	d	Machute.	Cauce.10		
xvi	e	Edmund arch.	Canc.22		
xvii	f	Init. Reg. Eliz.	Leo. 4		
xviii	g	Oct. Martini.	Leo. 16		
xix	a	Elizabet. mat	Leo. 29		
xx	b	Edmund king	Virgo.11	☾	Last quarter, the. xix. day, three quarters after. iii. a clocke in the mornyng.
xxi	c	Presk. of mary	Virgo.23		
xxii	d	Cicely virg.	Libra.6		
xxiii	e	Clement.	Libra.18		
xxiiii	f	Crysogon.	Scorp.1		
xxv	g	Katherine.	Scorp.14		
xxvi	a	Lyne bysshop.	Scorp.28		
xxvii	b	Agricola.	Sagit.11		
xxviii	c	Terme endes.	Sagit.26	●	New Moone, the. xxvii. day, vi. min. after. v. a clocke in the afternoone.
xxix	d	Saturn. Full.	Capri.10		
xxx	e	Andrew. Aduē	Capri.24		

November. 1589.

Sunne ryseth at. vii. of the clocke, and. xxxvi. min.
Setteth at. iiii. and. xxiiii. minutes.

i	d
ii	e
iii	f
iiii	g
v	a
vi	b
vii	c
viii	d
ix	e
x	f
xi	g
xii	a
xiii	b
xiiii	c
xv	d
xvi	e
xvii	f
xviii	g
xix	a
xx	b
xxi	c
xxii	d
xxiii	e
xxiiii	f
xxv	g
xxvi	a
xxvii	b
xxviii	c
xxix	d
xxx	e

December hath.xxxj.dayes.

Now tyre, and hot meates, haue thou must
December loues warme Potions.
Drynke Wyne: beware of too much lust.
Goe warme, and vse strong motions.

i	f	Elegi byshop.	Aqua.9	D	
ii	g	Libian mart.	Aqua.24		
iii	a	Depo. of Osm	Pisces.8	D	
iiii	b	Barbara virg.	Pisces.23		
v	c	Sabbe abbot.	Aries.7		☽ Fyrst quarter, the. iiii. day, a lytle after. x. a clocke in the mor-nyng.
vi	d	Nicholas byth.	Aries.21		
vii	e	Oct. of Andre.	Taurus.4		
viii	f	Conc. of Mari	Taur.17	D	
ix	g	Cyprian abbot	Gemin.0		
x	a	Eulalt virg.	Gemin.12	D	
xi	b	Sum in Capit.	Gemi.25		
xii	c	Paul byth.	Cancer.7		● Full Moone, the. xi. day, a quarter after. viii a clocke at nyght.
xiii	d	Lucie virg.	Cancr.19		
xiiii	e	Otholi virg.	Leo. I		
xv	f	Valeri byth.	Leo. 13		
xvi	g	O sapientia.	Leo. 24		
xvii	a	Ember wecke	Virgo.6	D	
xviii	b	Gracian.	Virgo.19		
xix	c	Venetia virg.	Libra.1		☾ Last quarter, the. xix. day, somewhat after mydnyght.
xx	d	Julian. Fast.	Libra.13		
xxi	e	Thomas apost	Libra.26		
xxii	f	iiii. Martirs	Scorp.9		
xxiii	g	Victor virgin.	Scorp.22		
xxiiii	a	Candid. Fast.	Sagit.6	D	
xxv	b	Christmas day	Sagit.20		● New Moone, the. xxvii. day, x. min. after. v. a clocke in the mor-nyng.
xxvi	c	Stephen mart	Capri.4		
xxvii	d	John Euang.	Capri.19		
xxviii	e	Innocentes.	Aqua.4		
xxix	f		Aqua.19		
xxx	g	Tran. of Iam	Pisces.3	D	
xxxi	a	Silnester byth	Pisces.18		

December. 1589.

Sunne ryseth at. viii. of the clocke, and. xii. minutes.
Setteth at. iii. and. xlviii. minutes.

i	f
ii	g
iii	a
iiii	b
v	c
vi	d
vii	e
viii	f
ix	g
x	a
xi	b
xii	c
xiii	d
xiiii	e
xv	f
xvi	g
xvii	a
xviii	b
xix	c
xx	d
xxi	e
xxii	f
xxiii	g
xxiiii	a
xxv	b
xxvi	c
xxvii	d
xxviii	e
xxix	f
xxx	g
xxxi	a

A briefe and playne Prognostication for the yeere of our redemption by Christe.

M. D. LXXXIX.

Wherein is contevned, many profitable notes, necessarie obseruations, and other matter conuenient for such a worke.

By Gabriell Frende.

Psal. xix.

The heauens, and firmament declare
The glory of the Lord:
They shewe his wonderous handy workes,
And mighty power record.

Imprinted at London by
Richarde Watkins and
Iames Roberties.
Cum Priuilegio Regiæ Maiestatis.

Of the Eclipſe of the Moone to appeare this yeere.

IN the month of Auguſt, the. xv. day, beyng Fryday, about. viii a clocke at nyght, at the full of the Moone, there ſhalbe an Eclipſe to the quantitie of. iiii. poynctes almoſt. The Moone ſhalbe Eclipſed in the fyſt face of Piſces, a cold and moyſt flegmaticke Signe, of the watry Trigon. Item, northern, feminine, nocturnall, vnfauorie, beyng the proper houſe of Iupiter, and the ſigne wherein Venus is exalted. The ſpace and continuance of which Eclipſe, from the very beginning vnto the ending thereof, ſhalbe two houres, or there aboutes. The effectes of this the Moones darkenes ſhall by the opinion of ſome good Aſtrologers hurt chiefely theſe: Fyſhes of the Sea, and other creatures lyuyng in or about the Waters. Item, it ſignifieth accordyng to the notiſe of Proclus, ſome troubles by Warres in ſome ſuch places as it is to worke in. But in trueth all ſuch euyls as may any way be ſayd to enſue the ſame, ſhalbe the leſſe greeuous, and of the leſſe continuance, becauſe the Moone her ſelfe is at this tyme ſo lyttle darkened, and ſo ſmall tyme to continue in that doleful ſtate. Wherefore I am brought in hope, that we ſhall not nede to dreade any notable or terrible euentes to be occaſioned or procured thereby: eſpecially yf with earneſt and vnfaygned prayer we call vpon our good GOD, who is able, and wyll no doubt delyuer vs from all perylles and dangers both now and at all tymes, yf we ſerue hym duely and truely, as we ought to do. He ruleth the Starres, and vs, and all thynges els at his gracious pleaſure, to hym be all prayſe, glory, and power aſcribed for euermore. Amen.

A generall declaration of the *diſpoſition of the foure partes* or quarters of the preſent yeere. 1589.

1. *Of the Winter quarter.*

THe Winter quarter, wherewith we vſually beginne the yeere, made entraunce the laſt yeere. 1588. the. xi. day of December, beyng Wedneſday, about halfe an houre after. v. a clocke at nyght, at which tyme the Sunne made his paſſage into the fyrſt degree of Capricorne, that ſolſticiall hiemall Signe, and at which tyme was the very ſhorteſt day and longeſt nyght in the yeere, becauſe of his farthеſt diſtaunce or ſeperation from our verticall Zenith, or northren part. And ſo the ſayd Winter ſhall holde on and continue vnto the. xi. day of March, beyng Tueſday folowyng in this preſent yeere of our Redemption. 1589.

This part of the yeere by naturall inclination, is in qualitie colde and moyſt, and therefore reſembled to the lunary or flegmaticke complexion, and watery Element, wherein thoſe two properties do beare the ſway. But concernyng the preſent Winter, forſomuch as I fynde an earthy ſigne in the Aſcendent, alſo moſt of the Planettes placed in earthy and ayery ſignes at the begynnyng thereof, I coniecture thereby, and other like circumſtaunces, that it wyll fall out for the greateſt part frothy and wyndy, with colde and fogge enough: howbeit becauſe Venus the mother of rayne and moyſture, is ſeated in a watry ſigne, I lykewyſe gather that we are otherwyſes

whyles lyke to haue the foresayd disposition intermingled with rawysshe fleete, hayle, snowe, and rayne, and such other troublesome and winterlyke weather.

Syuer fluous moysture, rawnes of the stomacke, colde crudities, and flegmaticke diseases are euer most busie, and greeuous this season of the yeere, wherefore it shalbe very good duryng this Reuolution, to take in Meate more plentifully then Drynke, to vse strong and manly exercises, to feede vpon hot and dry meates: Rosted Flesshe is to be preferred before Fysshe, and rosted flesshe before that which is boyled. But touchyng the quantitie of meates, as the stomacke is now more able to concocte, and the vertue Digestiue stronger then it is in Sommer, so may we safely eyther eate oftner, or more at one meale, then in that hot season, when the naturall heate fluxeth into the externall and more extreame partes of the body, whereby the concoction is then deferred and hindered, euen as now contrarywyse the same is confyrmed and dispatched by reason of the continuance and abundaunce of the sayde natutall heate in the interiour or inwarde partes. Also, in this part of the yeere it is requisite to make externall prouision agaynst the colde, and rawnes of the ayre: which by warme apparrell, and good fyers, aswell as by other meanes of dyet and exercise, must carefully be withstoode, and that indifferently at all tymes, but especially in the mornynges and euenynges, when they most preuayle, yea, and amongst other partes to, the Head, Necke, and Feete, are chiefly to be respected, and continually preserued from such accidentes of colde and moysture, which as they are soonest offended by lyke outwarde iniuries of the Ayre, so beyng once hurt or greeued, the other most noble and principall members of the body cannot long, or easely scape scotfree.

Touchyng Sleepe and Cleanery: as eyght houres may now be scarcely be admitted for the syxt, so the other must be vsed moderately, and with good discretion, this quarter, and in deed in all tymes and quarters, for so much as nothyng decayeth the body, or dulleth the mynde of man more then the

immoderate vse, or rather abuse thereof, which finally eyther bryngeth grieuous diseases, to the insatiable to torm nt hym selfe, or woefull and spredie death to cut of his dayes, yea both often tymes

2. *Of the Spring tyme.*

THe Sunne hauyng fully finished the Winter part with the last degree of the flegmaticke signe Pisces, at his ioyfull entraunce into the begynnyng of the head of Aries, he begynneth the most temperate and pleasaunt tyme of the yeere called the Spryng, which falleth out this yeere the. xi. day of March, beyng Tuesday, betweene two and three a clocke in the morning, for euen then is the true vernall æquinoctiall, the Sunne arysyng iust at. vi. a clocke in the morning, and settyng iust at. vi. a clocke in the euenyng, so makyng the day and nyght coequall in length throughout the worlde.

And so the present Spring shall abyde and holde on vntyll the. xi. day of June beyng Wednesday, next immediately ensuyng.

The proper condition of this Quarter is naturally hotte and moyst, after a temperate maner, and therfore compared to the Iouiall or Sanguine complexion, and ayery element, wherein those two qualities are principally predominant. Galen in his booke of Complexions, calleth this the holsomest and temperatest season of the yeere, and therefore the most healthsome of the foure: of which opinion are all other of the best Phisitions lykewyse. But as for this present Spring, in consideration that the Planets at the entraunce therof are so diuersly disposed, and intermingled some in earthy, other some in ayery, some in watry, & other some in fiery Signes, &c. I suspect some vnnaturall distemperature, and am in doubt

that

that we shall haue but a diuerse, and inconstant season of it in effect this Quarter, howsoeuer by peculiar inclination it shoulde and doth vsually fall out mylde and moderate. Especially I am afrayde of vnreasonable colde, and ouer many loude wyndes, which by my conjectures are lyke to be somewhat to buste and boysterous, not onely at the begynnyng, but euer throughout most partes thereof. Howbeit I am otherwyse perswaded, that the ayre wyll most what be cleere, and fayre enough aboue head, and finally, that we shall in Aprill haue some kynde of such kynde shewers, as shall make May flowers spreute out in reasonable good tyme, howsoeuer perchaunce the coldnes and sharpnes of the ayre may pinch them somewhat at the fyrst, and hinder their quicke and fayrwarde appearaunce. I pray GOD make our selues kynde one vnto another, and then I nothyng doubt, but the vnkyndnes of the ayre shalbe the lesse greeuous and displeasaunt vnto vs: but aboue all let vs be kynde and faythfull vnto hym that ruleth and dwelleth aboue all, and then we may be well assured that no vnlucky Planet, nor any other euyll shall oppresse vs.

The griefes and diseases this Quiting tyme shall ensuenes folowne the present condition thereof, for many Arthritides shall reygne, and deflixes of crude catarrous humors into the Iawes, Lunges, and Iountes: besydes Coughes, purren Feuers, Headdes and Itche: also, swellynges and harde tumors of the Splene or Pele, with other aches, and swellynges. Item Pluresies, Lyenteries, Byles. &c.

Nowe therefore to prevent, and asswage aswell those as any other infirmities, it is expedient to vse a temperate, and somewhat a spare diet this Quarter in eatyng and drynkyng. also to obserue a moderate regiment in sleepyng, and labouryng. And for the qualitie of Meates, suche are nowe to be chosen as are of lyght digestion, and of an holsome iuyce, as namely Veale, Mutton, Capons, Chyckens, Kyes flesshe, and suche lyke. But abstayne now from often, or long fastynges.

This season Blood and other humors do most myghtely

encrease in mans body, wherefore vpon occasion it is natures very good tyme to let blood in, and to repayre health by enacuating such flymy and grosse dregges as were gathered in the body durying the rawysshe and flegmaticke Reuolution of Winter. Finally to cleuse and as it were to renew the body by Purgyng, naturall or artificiall Bathyng, Sweatyng, moderate motion, exercise, with such lyke, that it may be reuiued and florysshe agayne euen as the Spring it selfe, and so abyde in a commendable commoderation of humors, and lucky condition of fresh actions, and purified spirites.

But this caueat by the way, that whosoeuer venturyth thus to Purge and cleuse the body without the counsell of an expert and honest Phisition, may chaunce to be sicker, and worsee of his phisicke, then of his former vncleannes: wherefore I woulde aduise euery one that hath neede of the Phisitions helpe, yf he haue any care of his owne sounde welfare, to seeke to suche as are learned, and auaised in their profession, and to let all other Dogleaches, Horseleaches, lacklatten Dotterelles, ignoraunt cooleners, and destryuyng mates, passe to such places and workes, as are more fitte and decent for them, then the leall phisicall inspection, or Chyrurgicall instrument, wherevnto in truely, they are euen as fitte and meete as an Asse to the Harpe, according to the common prouerbe. Well, I beseeche God reforme them, that they may one day see their owne follyes, and abuses: and in the meane tyme I pray God all honest, and well disposed persons may take heede of them so, that they be neuer imangled, or mangled by them, or any such.

Of

3. *Of the Sommer tyme.*

THE Sommer ſeaſon, or thyrde part of our yeare Englyſhe yeere, entreth euermore at what tyme the Sunne maketh his progreſſe into the fyrſt grade of Cancer, which ſhalbe this yeere. 1589. the. xi. day of June, beyng Wedneſday, about halfe an houre after. xi. a cloche at nyght, at which tyme is the ſeconde Solſtice, makyng the longeſt day and ſhorteſt nyght in the yeere, the Sunne beyng at that inſtant in his greateſt declination towardes the North, and in his neareſt or leaſt diſtaunce from our vertical poynt.

And this ſayde Sommer ſhall tarry and abyde vntyll that part of the. xiii. day of September next folowyng, wherein the Sunne ſhall make his courſe into the fyrſt part of Libra.

Touchyng the generall conſtitution of the weather this Reuolution, as the naturall propertie thereof is hot and dry, in which conſideration it is reſembled to the martiall, or chollerieke complexion, and the fyery Element: So I ſuppoſe that this preſent Sommer wyll not greatly vary from the peculiar inclination to dryneſs: but as for heate, I am bought to ſet downe that the ayre wyll oftetymes be cooler and ſharper then it is vſually accuſtomed to be at this ſeaſon, for we are lyke to haue many loude and whyſtlyng windes ſtyrryng abrode, which wyll no doubt allay the great feruencie of heate, and mittigate euen the rage of the Dogdayes themſelues. And yet otherwyſe I gather that it wyll fall out generally a reaſonable fayre and hyghe Sommer about head, but now and then watered with ſtorny ſhewers, yea, and ſome colde droppes, and ſtormes of hayle, alſo with flaſhynges and whyte ſtreamynges in the North and Northweſt partes of the Elementes, as lykewyſe with thunderclappes, and lyghtnynges.

Which

Which, or any lyke distempered weather, and fearefull euentes, that they may not assault or hurt vs in Englande, GOD of his great mercy, and for our Sauiour Iesus Christ his sake graunt vnto vs: whereunto let euery true Christian, and englyshe hart say Amen.

As for infirmities, burnyng Agues, Plurisies, Discenteries, extreame Headach, inflammations in the Lunges, Lyuer, and dyuers other partes of the body, with such lyke hot chollerike and thynne gristes, are most commonly wont to torment mans body durynge this Reuolution: against which, and to preserue the body in an holsome and healthsome estate, it is conuenient to vse colde and moyst meates, as sodden rather then rosted, and fresh Fysh rather then Flesh: also, to drynke more then to eate, and yet to drynke rather often, then much: but chiefly be ware of hasty and sodayne laboures, of Venery, Riot, and Surfettyng, all which are now more dangerous, then in any other part of the yeare. Sweete smelles, and coolyng odors are now very holsome, but sweete meates, strong drinkes, and wyne, are now very dangerous, vnlesse they be vsed with great discretion. Also for exercises, soft walkyng, rowyng in Botes on fresh waters, or on salt waters sometymes, swymmyng in cleere and runnyng Ryuers now and then. Item, soft rydyng, easie trauellyng, and such lyke of the mylder and gentler sort, are now only to be frequented. And concerning sleepe, let vi. or. vii. houres at the vttermost suffice the most drowsy Drunkelorye in a Countrey this Quarter.

Now Choler doth most abounde, and beare the sway in mans body, wherefore it is carefully to be remembred, that Purgyng, Bathyng, Sweatyng, lettyng of Blood, nor any kynde of Incision, nor any other Phisicall or Chyrurgicall cure ought now to be attempted without very vrgent, and present cause, and without great aduisement, and cunnyng consyderations: but this would especially be noted and obserued in the Canicular dayes. Also the cureyng of woundes is most difficult, and dangerous this tyme of the yeare.

4. *Of Harueſt, or fall of the Leafe.*

WHen the Sunne hath accomplyſhed his courſe through the Vernall, Aeſtiuall, and Autumnall ſignes, at his entraunce into the begynnyng of the ſcronde æquinoctiall ſigne Libra, makyng the day and nyght agayne equall in length, he begynneth the Autumnall Reuolution, or fall of the Leafe: which entraunce ſhalbe this yeere the. xiii. day of September, beyng Saterday, about halfe an houre after. v. a clocke in the forenoone. And ſo this Quarter ſhall endure vntyll the. xii. day of December next after enſuyng, namely vnto the preciſe tyme of the Sunnes paſſage into the Solſticiall ſigne Capricornus.

Accordyng to the operation or inclination of Nature, the proper qualities of this ſeaſon are colde and dryues, cleane contrary to the naturall diſpoſition of the Spryng, in which reſpect it is accordyngly compared to the Saturnine, or melancholy complexion, and the earthy Element. But concernyng the preſent condition of the weather this Autumne, by the heauenly Figure domified for the very begynnyng thereof, alſo by the dayly Aſpectes and proceedynges of the Planets, with ſuch other neceſſary circumſtaunces, I perceyue that it wyll fall out generally very variable and vncertayne, one whyle geuen to vnhynde heate, an other whyle to vnſeaſonable moyſture, with ſundry very colde mornynges, and euenynges, and oft tymes to ouer great and boyſterous blaſtes of wyndes: but I ſuppoſe that the principall or vincent qualities wyll ſtyll finally be colde and dryues, accordyng to kynd, howſoeuer otherwhyles rayne, hayle, ſleete, and winterlyke moyſture may ſomewhat plentifully, and haſtely fall. Scorpio in the Aſcendent threatneth but an vnkynde and vnholſome ſeaſon

of

of it, also the opposition of the two vnluckyest Planettes Saturne and Mars is but a very badde signe: but Iehouah ruleth both Scorpio, Saturne, and Mars at his pleasure, to whom yf we call and pray hartely, he wyll no doubt heare vs effectually.

Touchyng the peculier diseases of this part, whiche as Hipocrates sayth, is the most dangerous tyme of the whole yeere, and the mother or nourysher of most dangerous and deadly infirmities: I thynke that many kyndes of Goutes, Stitches in the sydes, specially in the left syde: Dyuers Fluxes and Laskes, the Collicke and Iliacke passione, the stone in the Reines, and Bladder, quartane Agues, Consumptions, Catarres, Weaknesses in the Head, tormentes in the Bowelles, scabbynges in the Feete, &c. wyll raigne, and rage this Quarter. I pray God also a spice of the Plague, or some pestilent Feuer, or other contagious infection be not ywelcome and greeuous vnto vs.

Wherefore it wyll be the best regiment this Autumne, to kepe a warme diet, not to walke into the ayre fastyng, to take of the morning and euenyng colde good heede, to vse diligent labourc, & exercises in the day tyme, to beware of raw fruites, and all kynde of ouer moyst fruites, to vse sweete odors, and fragrant smelles, to Purge, Bath, Sweate, let Blood &c. by the aduice and counsell of a skylfull welgeuen Phisition: but prouoke not Vomite, without some great vrgent cause. But specially remember now, and alwayes, my former aduice, or rather the aduice of the prince of Phisitions, Hipocrates hym selfe, that the very best course of diet and regiment euermore is

In labour, meate drynke, venery, and sleepe,
A discreete moderation alwayes to keepe.

Which discreete moderation GOD graunt vnto vs for our bodyly healthes sake, but chiefly I beseech God to sende vs and gene vs grace so to frame and square the actions both of our bodyes and myndes, that the true health of our soules be styll, and alwayes most carefully respected and laboured for

of

of vs, to the finall obteynyng of that moſt happy and bleſſed lyfe, which ſhall remayne for euer, when the body is diſſolued into earth, whereof it was made: whereunto GOD the Father, for his deare ſonne our ſauiour Chriſt his ſake bryng vs. Amen.

The concluſion, or farewell.

The beſt concluſion I can make
To knyt vp this my Booke,
Is hartely to wyſh all men,
Into Gods lawes to looke:
And ſo to folow them in lyfe,
That we may lyue in bliſſe
With hym that made, and rules the heauens,
Who amende that is a miſſe.
And graunt our Queene ſtyll long to reigne,
And floryſh in this lande:
And euery thyng to proſper well,
That ſhe doth take in hande.

The Heauens may incline, but God is the Lord.
To hym let vs pray, with one accorde.

Deo gloria.

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